

## COPD ACTION PLAN

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Provider: \_\_\_\_\_ Provider Phone: \_\_\_\_\_

Specialist: \_\_\_\_\_ Specialist Phone: \_\_\_\_\_

Mild	Moderate	Severe	Very Severe
<ul style="list-style-type: none"> <li>FEV<sub>1</sub>/FVC &lt; 70%</li> <li>FEV<sub>1</sub> ≥ 80% predicted</li> </ul>	<ul style="list-style-type: none"> <li>FEV<sub>1</sub>/FVC &lt; 70%</li> <li>50% ≤ FEV<sub>1</sub> &lt; 80% predicted</li> </ul>	<ul style="list-style-type: none"> <li>FEV<sub>1</sub>/FVC &lt; 70%</li> <li>30% ≤ FEV<sub>1</sub> &lt; 50% predicted</li> </ul>	<ul style="list-style-type: none"> <li>FEV<sub>1</sub>/FVC &lt; 70%</li> <li>FEV<sub>1</sub> &lt; 30% predicted <u>OR</u> FEV<sub>1</sub> &lt; 50% predicted plus chronic respiratory failure</li> </ul>

### SMOKING CESSATION

Is patient a smoker?: Y N  
 If YES, is patient ready to Quit? Y N  
 Counseled: Y N Meds: \_\_\_\_\_

### VACCINES:

Flu / Date : \_\_\_\_\_  
 Pneumovax / Date : \_\_\_\_\_

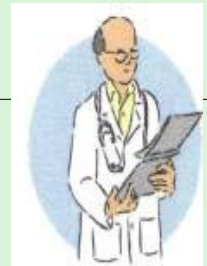
Room Air O<sub>2</sub> Sat: \_\_\_\_\_  
 Oxygen L/min : \_\_\_\_\_  
 Hrs/day : \_\_\_\_\_

### GREEN-GO (able to do usual activities)

y Breathing is good  
 y Sleeping well, appetite good  
 y Minimal sputum  
 y Able to think clearly



y Take ALL your medication  
 y Go to your doctor appointments and bring all your medicines to every appointment  
 y Eat healthy foods, do exercises



### COPD MEDS:



Medicine	How much to take	When to Take
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

### YELLOW-CAUTION (Moderate Attack) (feeling unwell but not severe)



y More cough, wheeze, more shortness of breath with usual activities, chest tightness  
 y Sputum thicker, more colored  
 y Poor appetite and sleep, trouble concentrating, more restless and tired, less able to do usual activities

y Keep using your everyday medicine (above)  
 y Use reliever medicines as instructed by your doctor  
 y Use pursed lip breathing and relaxation techniques  
 y Check your oxygen equipment to see if it is working. Increase oxygen ONLY if ordered by your doctor  
 y Call your doctor about your condition

### COPD RELIEVER MEDS

Medicine	How much to take	When to take it
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____



### RED-SEVERE-Take Action!



y Severe shortness of breath  
 y Rescue medicine is not helping  
 y Trouble coughing up sputum or blood in sputum  
 y Fever or chest discomfort  
 y Feel faint, confused  
 y Drowsy, difficult to awaken



**Get help from your doctor NOW!**



**\*\*\*Call 911 if you are having severe chest pain\*\*\***